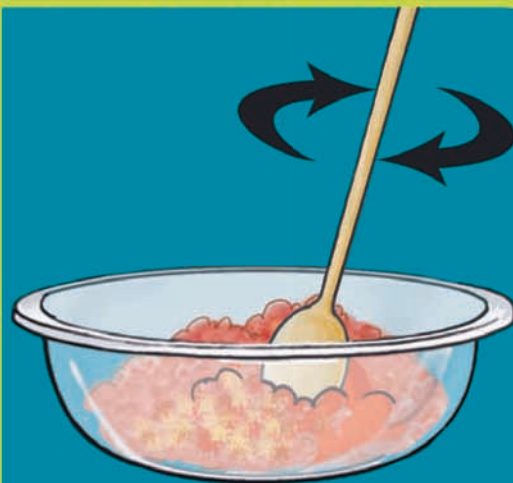
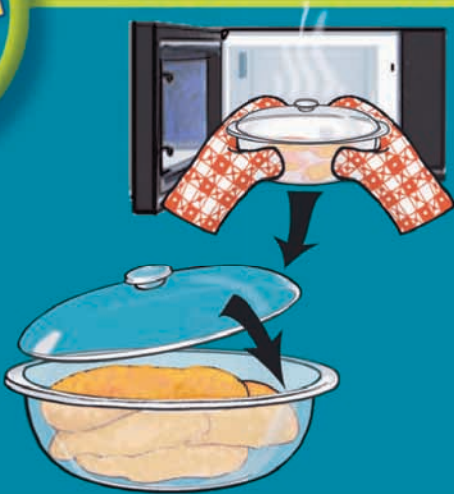


ATTAINMENT'S

LOOK 'n COOK **MICROWAVE** **COOKBOOK**

**2ND
EDITION**



Easy-to-Make Illustrated Recipes

LOOK 'n COOK MICROWAVE COOKBOOK

2nd Edition

Concepts & Recipes by ELLEN SUDOL

Editor: DAN HANSON

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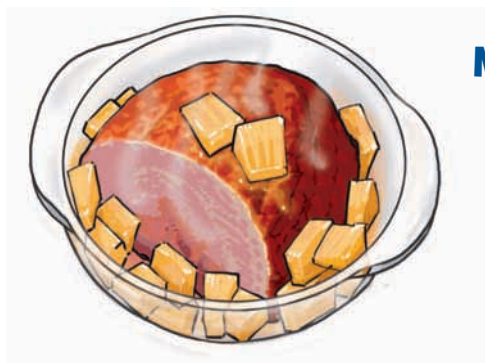
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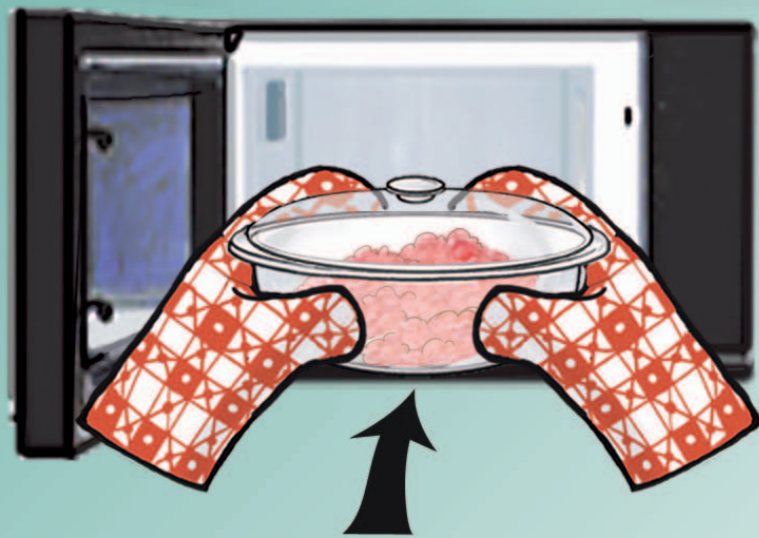
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Introduction





Overview

Look 'n Cook Microwave Cookbook is a practical **survival** cookbook for nonreaders and beginning cooks. Recipes are presented in pictures and text, but require little reading ability and no cooking experience.

The cookbook is designed to teach microwave cooking techniques, with independent use as the eventual goal. If you make copies of the recipes, you can give every student a copy and each step can be crossed out when it's done.



Microwave cooking is generally a faster and safer cooking method than conventional cooking. Certain cooking techniques and safety skills are still required, however. The companion **Look 'n Cook Microwave Lesson Plans** presents the skills required to do microwave cooking in 34 structured lessons. Be sure everyone using this cookbook learns at least the basics of microwave cooking.



Use only microwavable cookware.
(Never use metal dishes in the microwave.)

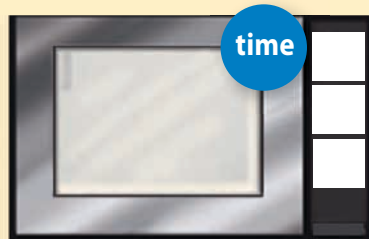
Never activate the oven while it's empty.

Always use oven mitts when handling microwaved dishes.

Let food stand when it's removed from the microwave.



To make meal planning easier the cookbook is divided into six sections: **Breakfasts, Soups and Beverages, Main Dishes, Side Dishes, Vegetables,** and **Desserts and Snacks.** There is also an illustrated **Shopping List** showing the ingredients needed for each recipe.



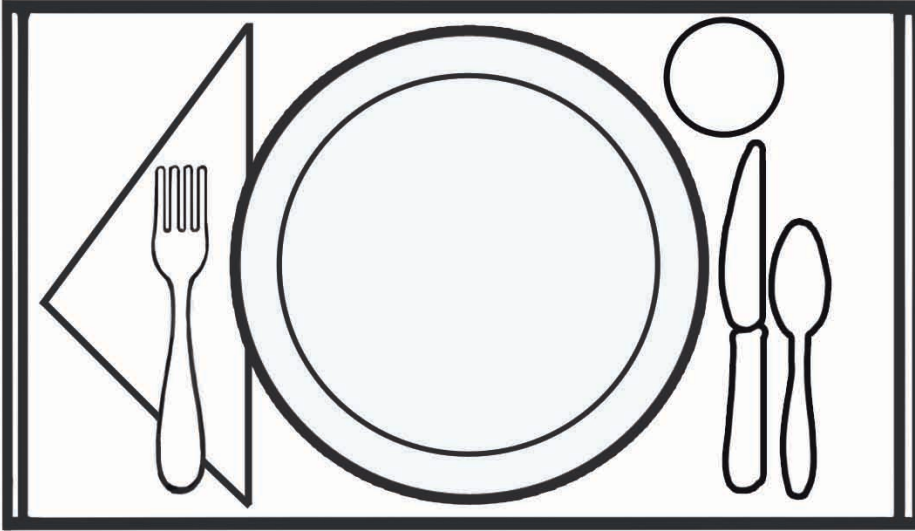
Please Note!

Microwaves vary in power and setup. This cookbook was developed using a medium range microwave oven (850 watts) as the standard. If your microwave is much more or less powerful, you may need to adjust the time for some recipes. The recipes also use the most common control features on a push button oven rather than a dial control oven. Again, your oven

may vary and require some editing of the recipes. For example, on most microwaves you push a **time** button and then enter the numbers for the time. On other microwaves, however, you skip the **time** button and just enter the digits.

Setting the Table

Cut a paper placemat to define the eating area and draw the utensils and dishes, or paste pictures of them, on the placemat. The person setting the table matches the utensils with the pictures to set the table correctly. When this skill is mastered, try using a regular placemat without illustrations.



Utensil Patterns

Trace or copy these silhouettes for your placemat utensils.



Preparing to Cook

Color Coding

The recipes in this cookbook can be color-coded to make the measurements and temperatures easier to use. If you use the **Look 'n Cook Cookbook** for conventional recipes, you already know the system. To color-code these recipes, affix colored plastic tape to your microwave oven and measuring cups and spoons. Each recipe is color-coded for the **clear**, **time**, **power**, and **start** directions for the microwave. The measuring cups and spoons used in each recipe are also color-coded. If anyone using the cookbook has difficulty with color discrimination, use symbols such as square, circle, triangle, and star instead of, or in addition to, the colors.



Attainment's
**Look 'n Cook
Cookbook**
for conventional
cooking

To color-code your microwave, use colored tape:

clear — yellow tape

time — blue tape

power — red tape

start — green tape

Color-Coding Utensils

To color-code your recipes, wrap colored tape on the handles of your cups, teaspoons, and tablespoons with the corresponding colors used in this cookbook.

red



1 cup

red



1 tablespoon

yellow



½ cup

yellow



1 teaspoon

blue



⅓ cup

blue



½ teaspoon

green



¼ cup

green



¼ teaspoon

Timer

In addition to setting the time on the microwave for cooking, nearly all recipes require that the food **stand** for **3** minutes when removed from the microwave. This gives the food time to stop cooking and be more manageable. Use a dial timer with the 3-minute mark coded, or use a 3-minute hourglass egg timer to measure the standing time.



The 3-minute timer

The Bells

There are two bell symbols indicating the beeping of the microwave oven and the ringing of the timer. These symbols remind the cook to wait until the microwave beeps before opening the oven and to wait until the timer rings before taking the lid off the dish or serving the food.



Microwave beep symbol



Timer bell symbol

Utensils

To prepare the recipes in the **Look 'n Cook Microwave Cookbook**, you need to equip your kitchen with a variety of standard kitchen utensils. These are the utensils used in the recipes.



2 qt. glass dish
with lid



plate



mug



large bowl



2 small bowls



2 soup bowls



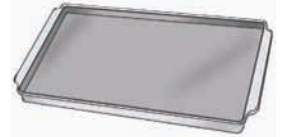
colander



can opener



food chopper



cookie sheet



cutting board



oven mitts



wooden spoon



tongs



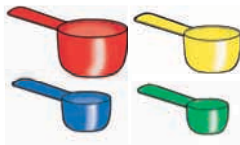
knife



fork



spoon



measuring cups



measuring spoons



ladle



cutting knife



timer



paper towels



scissors



stand mixer



wax paper

Using the Cookbook

Following a Recipe

The completed dish is shown at the top left of the page.

Start the recipe by getting out the cooking supplies and ingredients shown in the top row.

Follow the recipe steps across the page from left to right. **Read across** both pages if the recipe is two pages long.

One Page Recipe

Completed dish

Supplies

The numbered steps read from left to right

Page number

Acorn Squash

Serves six

Number of people served

Ingredients

2 qt. glass dish with lid cutting board knife fork spoon oven mitts 1 lb. acorn squash

1. Cut squash in half using the knife and fork.
2. Use a spoon to remove the seeds from both halves.
3. Put the squash in the dish, cut side up.
4. Put the lid on the dish.
5. Put on the oven mitts. Put the squash in the microwave.
6. Close the door. Push **clear**.
7. Push **time**. Push **1 0 0 0**.
8. Push **start**.
9. When the oven beeps, put on the oven mitts. Remove the dish.
10. Let stand **3** minutes.
11. When the bell rings, use oven mitts to remove the lid. Serve.

92

Two Page Recipe

Completed dish

Supplies

The numbered steps read from left to right

Page number

Sloppy Joes

Serves six

Ingredients

Number of people served

2 qt. glass dish with lid 1 cup 1/4 cup wooden spoon can opener oven mitts 1 lb. lean ground beef sloppy joe mix 6 oz. tomato paste six hamburger buns

1. Put ground beef in the glass dish. Break up the beef with the spoon.
2. Put the lid on the dish.
3. Put on the oven mitts. Put the dish in the microwave.
4. Close the door. Push **clear**.
5. Push **time**. Push **5 0 0**.
6. Push **start**.
7. When the oven beeps, put on the oven mitts. Remove the dish.
8. Use the oven mitts to remove the lid.
9. Open and spoon the tomato paste into the dish. Add the Sloppy Joe Mix.
10. Add 1 cup and 1/4 cup water.
11. Stir well.
12. Put on oven mitts. Put the lid on the dish.
13. Use the oven mitts to put the dish in the microwave.
14. Close the door. Push **clear**.
15. Push **time**. Push **5 0 0**.
16. Push **start**.
17. When the oven beeps, put on the oven mitts. Remove the dish.
18. Let stand **3** minutes. When the bell rings, use oven mitts to remove lid.
19. Stir.
20. Spoon the Sloppy Joe mix onto buns. Serve.

54 55

Heat and Enjoy Soup Bowl



oven mitts



Heat and Enjoy Soup



1. Pinch the tabs on the plastic cover to remove. Set aside.



2. Pull the tab to remove the metal cover and discard.



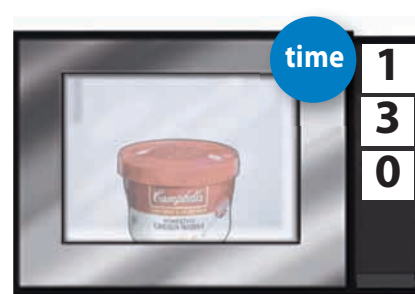
3. Put the plastic cover back onto the bowl. Snap into place.



4. Put on the oven mitts. Put the bowl in the microwave.



5. Close the door. Push **clear**.



6. Push **time**. Push **1 3 0**.



7. Push **start**.



8. When the oven beeps, put on the oven mitts. Remove the bowl.



9. Let stand **3** minutes.



10. When the bell rings, remove the plastic cover. Serve.



Serves four

Parsley Potatoes

1 teaspoon

1 tablespoon



2 qt. glass dish
with lid



colander



wooden
spoon



cutting
knife



cutting board
board



oven mitts



butter



5 medium
potatoes



parsley
flakes



salt and
pepper



1. Wash the potatoes in the colander.



2. Cut each potato into 8 pieces and put in the dish.



3. Add 2 tablespoons water and 2 tablespoons butter to the dish.



4. Add 1 teaspoon parsley flakes. Sprinkle with salt and pepper.



5. Put the lid on the dish.



6. Put on the oven mitts. Put the dish in the microwave.



7. Close the door. Push **clear**.



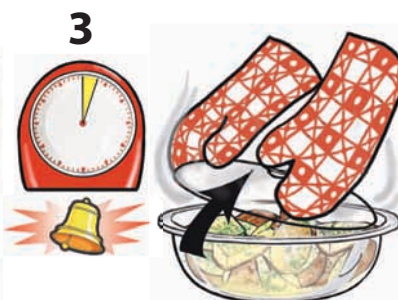
8. Push time. Push **1 5 0 0**.



9. Push **start**.



10. When the oven beeps, put on the oven mitts. Remove the dish.



11. Let stand **3** minutes. When the bell rings, use the oven mitts to remove the lid.



12. Stir. Serve.



Serves four

Cornbread



8½ oz. corn
muffin mix



1 egg



milk



nonstick
spray



large bowl



2 qt. glass dish with lid



wooden spoon

oven mitts



1. Put the corn muffin mix
in the bowl.



2. Add ½ cup milk and
break the egg in the bowl.



3. Stir well with the
wooden spoon.



4. Spray the glass dish with
nonstick spray.



5. Use the spoon to pour
the mix in the dish.



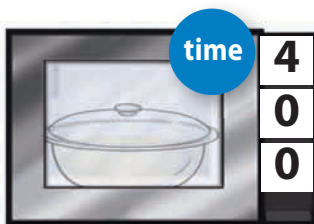
6. Put the lid on the dish.



7. Put on the oven mitts. Put
the dish in the microwave.



8. Close the door.
Push **clear**.



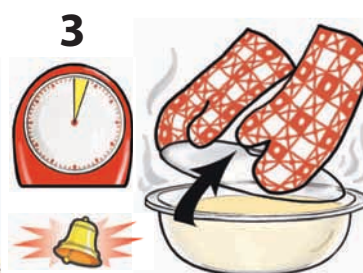
9. Push **time**.
Push **4 0 0**.



10. Push **start**.



11. When the oven beeps,
put on the oven mitts.
Remove the dish.



12. Let stand **3** minutes.
When the bell rings,
put on the oven mitts.
Remove the lid. Serve.

Vegetarian Beans and Rice



Serves eight



2 qt. glass dish
with lid



1 cup



wooden
spoon



oven mitts



11 oz.
V8



15 oz.
pinto beans



11 oz.
corn



rice



16 oz. thick
and chunky salsa



1. Open the cans of V8 and beans. Put in the dish.



2. Open the corn and put in the dish. Add 1 cup rice.



3. Add the jar of salsa. Stir.



4. Put the lid on the dish.



5. Put on the oven mitts. Put the dish in the microwave.



6. Close the door. Push **clear**.



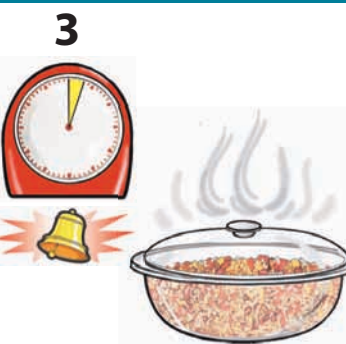
7. Push **time**. Push **3 5 0 0**.



8. Push **start**.



9. When the oven beeps, put on the oven mitts. Remove the dish.



10. Let stand **3** minutes.

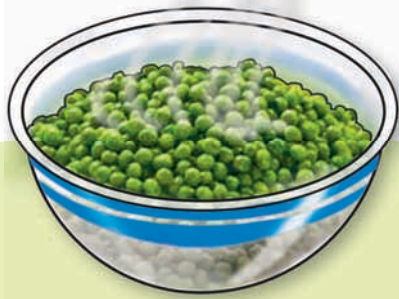


11. When the bell rings, put on the oven mitts. Remove the lid.



12. Stir. Serve.

Frozen Peas



plate



large bowl



scissors



oven mitts



12 oz. Steamers frozen peas



1. Stand bag of peas on the plate.



2. Put on the oven mitts. Put the plate in the microwave.



3. Close the door. Push **clear**.



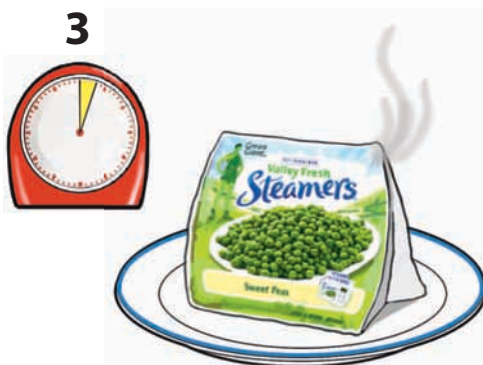
4. Push **time**.
Push **6 0 0**.



5. Push **start**.



6. When the oven beeps, put on the oven mitts. Remove the plate.



7. Let stand **3** minutes.

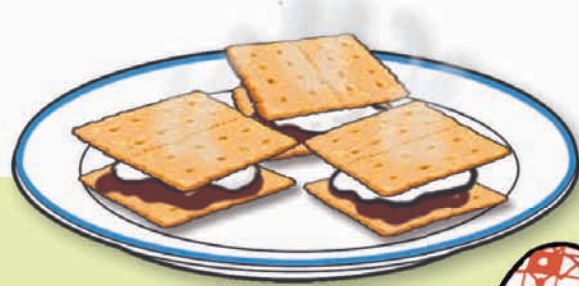


8. When the bell rings, use the scissors to cut open the bag.



9. Pour the peas into the bowl. Serve.

S'Mores



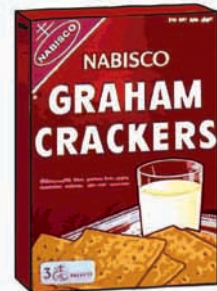
plate



oven mitts



large marshmallows



graham crackers



chocolate candy bar



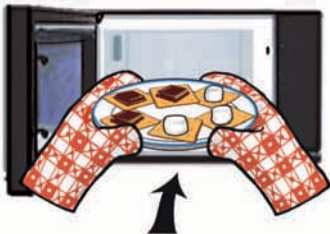
1. Break 3 crackers in half.
Put the 6 squares on the plate.



2. Break off 3 chocolate sections.
Put 1 chocolate section on 3 of the squares.



3. Put 1 marshmallow on each of the other 3 squares.



4. Put on the oven mitts.
Put the plate in the microwave.



5. Close the door.
Push **clear**.



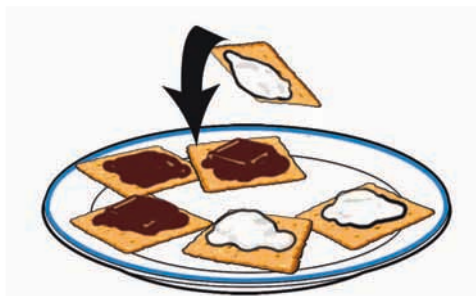
6. Push **time**.
Push **3 0**.



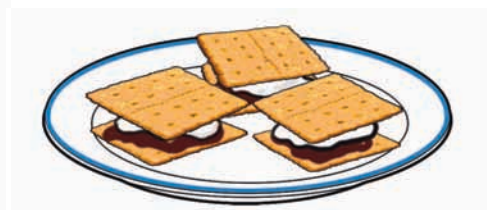
7. Push **start**.



8. When the oven beeps, put on the oven mitts.
Remove the plate.









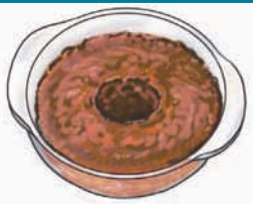

























9. Without waiting, turn each marshmallow square onto a chocolate square to make a sandwich.



10. Serve.

Shopping List



					
Baked Ham	1½ lbs. ham	8 oz. pineapple chunks			
					
Beans and Wieners	wieners	15 oz. baked beans			
					
Meatloaf	1½ lbs. ground beef	11 oz. tomato juice	oats	egg	onion
					
Sloppy Joes	1 lb. ground beef	sloppy joe mix	6 oz. tomato paste	hamburger buns	
					
Meatballs	1 lb. ground beef	small onion	egg	Italian style bread crumbs	garlic powder
					
Italian Macaroni Casserole	1 lb. ground beef	26 oz. spaghetti sauce	8 oz. tomato sauce	elbow macaroni	shredded cheese
					
Fish Sticks	frozen fish sticks	lemon juice			